

“Everyday Spirituality – Part Three: Random Thoughts on Reaching Inward”

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Self,
The final frontier.
Or might it be the first,
Though long since abandoned,
In searching for greater adventures?
If anyone else
Took exactly the steps
That I have taken in my life,
Could s/he have ended up
Anywhere other than
Exactly where I am
Right now?
As soon as I think
I have found myself
Somebody moves it.
(Maybe it's me.)
"Wherever you go,
There you are."
(attributed to Yogi Berra)
Listening to your heart,
Finding out who you are,
Is not simple.
It takes time for the chatter to quiet down.
In the silence of “not doing” we begin
To know how we feel.
If we listen - and hear - what is being offered
Then anything in life
Can be our guide.
Listen.
(Author Unknown)

"The most important thing I ever did for myself
Was learn how to enjoy my own company."
(A Widow)

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